



POOL RULES for the SAN RAMON OLYMPIC POOL & DOUGHERTY VALLEY AQUATIC CENTER

The following rules are for the safety of all patrons and the aquatics staff. The aquatics staff has the authority to enforce the rules, including asking individuals to leave the pool area, in order to maintain a safe environment. Please read the rules and if you have any questions, direct them to the Senior Staff. Thank you for your cooperation.

General Rules

- ☐ No swimming allowed when there is no lifeguard on duty.
- ☐ Children ages seven (7) and under must be accompanied by an adult at least 18 years of age at all times while at the pool facility.
- ☐ The City of San Ramon is not responsible for any lost or stolen personal items.
- ☐ All persons entering the pool must take a shower.
- ☐ Please do not visit with or distract the lifeguards. If you have questions, inquire inside at the front counter or the First Aid Office.
- ☐ Proper swim attire must be worn at all times. No T-shirts or jean shorts are allowed unless approved by the senior staff. Those permitted to wear T-shirts are only allowed in the shallow end of the pools.
- ☐ Glass bottles and other glass containers are not allowed on the pool deck. Food and drink may be consumed in the bleacher, picnic and grass areas only.
- ☐ Alcohol and persons suspected of being intoxicated are not allowed in the facility.
- ☐ Barbecues and chafing dishes are not allowed in the pool area.
- ☐ Smoking is not allowed inside or within 20 yards of the facility.
- ☐ Walk at all times to avoid accidents.
- ☐ Do not block ladders entering or exiting the pool.
- ☐ The use of profanity is not allowed.
- ☐ No animals are allowed in the facility except working animals.
- ☐ Chewing gum is not allowed in the pool area.
- ☐ Bicycles, skateboards, in-line skates and other vehicles are not allowed to be operated in the pool area.

Recreation Swim

- ☐ Patrons under 18 years of age wishing to enter the deep water must first pass a swim test. Adults may be asked to pass a swim test at the lifeguard's discretion. The swim test consists of 1 lap, 25 yards without stopping.
- ☐ Jumping feet first is allowed in the shallow end of the pools. No flips, dives, or twists allowed from the side of the pool.
- ☐ Starting blocks are for use by competitive programs only when directly supervised by a qualified coach.
- ☐ Do not hang on lane lines or lifelines. They are to be used for emergency use only.
- ☐ Roughhousing, shoving, and dunking are not allowed.
- ☐ Do not allow children or others to hang on another person's neck or back. Carry the child in front or on their shoulder.
- ☐ Inflatable toys are not allowed in the pools.
- ☐ Personal flotation devices and Swim 'N Float swim suits (Type II or Type III) approved by the U.S. Coast Guard are allowed for infants and children. Parents must be in the water with all infants or children wearing a PFD or Swim 'N Float swim suit. All infants or youth wearing such devices are only allowed in shallow water 4 ½ feet or less.
- ☐ Tables and canopies are not allowed to be brought into the facility. Umbrellas are allowed but they cannot go more than six inches into the ground.
- ☐ No breath holding, hyperventilation or extended underwater swimming is allowed.

Lap Swim Rules

- ☐ Recreation swimming and horse play are prohibited in the lap swim area.
- ☐ Children 12 and under are allowed in the lap swim lanes only if accompanied by an adult.
- ☐ Children may not be left unattended on the pool deck or in the facility during lap swim.
- ☐ Masks, fins, and snorkels are allowed in lap lanes.
- ☐ Circle swimming may be enforced to accommodate more swimmers if crowded.

Inner-Tube Rules

- ☐ Inner-tube use will be allowed at the lifeguard's discretion and may revoke use at any time.
- ☐ Do not stand on, jump on, jump or dive through the inner-tubes.

Diving Board Rules

- ☐ One person at a time on the diving board.
- ☐ Those wishing to use the diving board must wait on the ground.
- ☐ Only one bounce is permitted on the diving board.
- ☐ Only forward motion jumps, dives, and flips are permitted.
- ☐ Jump or dive straight off the end of the board. Do not jump towards the side of the pool.
- ☐ After entering the water, exit the diving area immediately. Do not enter the lap lanes.
- ☐ Diving area must be clear of all swimmers or divers before another diver attempts a dive.
- ☐ Diving is permitted off the outside diving boards only.

Water Slide Rules – San Ramon Olympic Pool

- ☐ Riders must be at least 42" tall and be able to swim 25 yards without stopping.
- ☐ Riders must go down the slide in a feet-first position on their backs.
- ☐ No stopping while riding down the slide.
- ☐ Exit the splashdown area immediately at completion of ride.
- ☐ Uses of t-shirts or oversized rash guards are not allowed on the waterslide.

Play Pool Rules – San Ramon Olympic Pool

- ☐ Strollers, ice chests and chairs are not allowed inside Play Pool fence.
- ☐ At the discretion of the Aquatic Staff, the number of play pool users may be limited to ensure safety of all users. When necessary play pool users will be rotated at appropriate durations determined by the aquatics staff.
- ☐ One person on the slide at a time.
- ☐ Landing mat at bottom of slide must be kept clear at all times.

Other items of concern are:

- ☐ Inappropriate public display of affection.
- ☐ Persons having currently active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool water.
- ☐ Follow aquatics staff direction in regards to procedures and policies during emergency situations.
- ☐ See the Aquatics staff about swimming with sores or wounds.

Any other action or behavior that is deemed unsafe or inappropriate by the Aquatics staff will not be allowed. Failure to follow posted rules and lifeguard directions could result in serious injury.